



MINISTRY OF AYUSH COMPILED MEDIA REPORT
08 Jan, 2025 – 09 Jan, 2025

 **Total Mention 145**

|  Print | Financial | Mainline | Regional | Periodical |
|--|------------------|-----------------|-----------------|-------------------|
| 11 | 2 | 5 | 3 | 1 |

| |
|---|
|  Online |
|---|

134

 Print

| No | Newspaper | Headline | Edition | Pg |
|-----|-------------------------|---|----------------|--------|
| 1. | The Financial Express | Tech Bytes | Bengaluru + 10 | 9 |
| 2. | The Hindu Business Line | ITC smells an opportunity in aromatic, medicinal herbal market | Hyderabad + 9 | 10 |
| 3. | The New Indian Express | Top 5 Mental Health Treatments for 2025 | Bengaluru | 3 |
| 4. | The New Indian Express | PARIVRTTA UPAVISTHA KONASANA (REVOLVED SEATED STRADDLE POSE) | Bengaluru + 1 | 2 |
| 5. | The Tribune | Farmers, ayurvedic manufacturers join hands to eliminate middlemen | Delhi | 2 |
| 6. | The Morning Standard | How can I avoid injuries during workouts, especially with strength training | Delhi | 2 |
| 7. | The Morning Standard | Fit Bit | Delhi | 2 |
| 8. | Investors India | Add Health to Your Wealth | National | 28, 29 |
| 9. | Naya India | Pilgrims will have access to AYUSH health services in Maha Kumbh | Delhi | 2 |
| 10. | Rashtriya Sahara | Ayurved gastrology certiicate course tayar | Delhi | 4 |
| 11. | Navshakti | Sedentary work and health problems | Mumbai | 12 |

The Financial Express • 09 Jan • Ministry of Ayush Tech Bytes

9 • PG

190 • Sqcm

79020 • AVE

147.14K • Cir

Middle Left

Bengaluru • Bhubaneshwar • Kochi • Hyderabad • Mumbai • Ahmedabad • Chandigarh • Pune • Delhi • Kolkata • Chennai

TECH BYTES

Drones to boost fisheries sector

DRONES ARE NOW pivotal in managing aquaculture farms, assessing fisheries infrastructure, and enhancing disaster response efforts. In a recent initiative, ideaForge Technology has partnered with Schnell Drone Technologies in a project initiated by the Maharashtra government for using drone technology for sustainable fisheries management. Spanning a coastline of 720 km this project deploys drones across seven key coastal districts of the state.



ideaForge's Switch UAVs are being deployed to ensure compliance with maritime regulations, protect marine ecosystems, and enable real-time monitoring of fishing vessels and detection of illegal activities.

Vaidyaratnam ties up with Johns Hopkins

THRISSUR-BASED VAIDYARATNAM Group, known for its practice

and propagation of Ayurveda, and Johns Hopkins University, USA, will jointly conduct research in cardiovascular diseases. "Our proposed collaboration with the world's most renowned private research university will benefit the healthcare sector at large," said ET Neelakandhan Mooss, MD of Vaidyaratnam Group, who held talks with university officials at the Baltimore campus. The Kerala-based group is at the forefront of validating Ayurveda through scientific research, using AI.

AI mouse to support voice typing

SINCE ITS INVENTION 50 years ago, the computer mouse has remained a fairly simple device. OTEK, a startup in consumer

electronics & computer accessories, wants to change that with its AI-integrated mouse. The BM09 has features like voice typing, translation, OCR scanning, and smart AI tools. Prashant Bora, MD & CEO of OTEK, said, "The BM09 comes equipped with features that enhance productivity while making user operations simpler, smarter, and more connected."

Smart helmet with Bluetooth connectivity

PROXGY HAS INTRODUCED two innovative devices that transform standard industrial

helmets into advanced AC helmets and smart helmets for comfort and connectivity. Priced under ₹10k, the objective of Hat+ Band and ProHat Band is to enhance the lives of industrial workers working in harsh environments.

With 8-10 hours of battery back up, the Hat+ Band is a lightweight and affordable device that ensures uninterrupted cooling throughout demanding work shifts. It comes equipped

with features like audio/video conferencing, 4G and Bluetooth low energy (BLE) connectivity, and AI-powered edge processing. It enables real-time communication and situational awareness for industrial workers.



The Hindu Business Line • 09 Jan • Ministry of Ayush

ITC smells an opportunity in aromatic, medicinal herbal market

10 • PG

296 • Sqcm

236784 • AVE

44.5K • Cir

Bottom Left

Hyderabad • Delhi • Kochi • Chennai • Mumbai • Ahmedabad • Bengaluru • Pune • Chandigarh • Kolkata

ITC smells an opportunity in aromatic, medicinal herbal market

The FMCG conglomerate showcases model farm where it developed demo plots for 27 plants

KV Kurmanath
Hyderabad

Smelling an opportunity in the burgeoning global wellness market, ITC Ltd is branching out beyond traditional crops such as wheat and rice to cultivate new crops — medicinal and aromatic plants — to focus on value-added agriculture.

To equip farmers with the necessary knowledge and skills and showcase the agronomical practices in growing a variety of medicinal and aromatic plants, the company has set up a dedicated 101 acres of organic certified farm in Se-hore, Madhya Pradesh.

The farm serves as a demonstration and training centre, where 27 varieties of medicinal plants are evaluated. It incorporates sus-

tainable practices such as water harvesting and in-house organic fertilizer production.

BEST PRACTICES

The initiative, being taken up under the Medicinal and Aromatic Plants Extracts (MAPE) programme, is anchored in two key segments — raw herbs segment and value-added products. In the raw herbs segment, the Kolkata-headquartered company works closely with farmers to identify suitable medicinal plant varieties, implement best cultivation practices and establish robust market linkages.

The current portfolio of medicinal plants that ITC is promoting for cultivation with farmers includes ashwagandha, tulsi (holy basil), kalonji (black cumin) and



Extracts collected from various medicinal and aromatic plants

turmeric, among others. The company is also actively engaged in research and development on various medicinal plants, including stevia and roselle.

The company is also providing support for post-harvest management, including grading and sorting, to enhance the value of the produce. In the value-addition segment, ITC pro-

cesses raw herbs into extracts, formulations and other value-added products, catering primarily to the health and wellness industry.

While the farm serves as a central hub, ITC's medicinal plant programme extends beyond this plot. "We are working with farmers across 14 districts in Madhya Pradesh, training them

and providing support for cultivating these crops on their land. The total acreage cultivated by farmers in the programme is over 4,200 acres so far," an ITC official said.

TRAINING PROVIDED

Farmers who show interest are offered comprehensive training on various aspects of medicinal plant cultivation, including crop selection, cultivation techniques and post-harvest management.

"Farmers engaged in medicinal plant cultivation are experiencing a significant income increase of 26-35 per cent compared to traditional crops. Average yields have witnessed a substantial improvement, rising from 200 kg per acre to 300-350 kg, with some

farmers achieving close to 700 kg per acre," he said.

He said the company offers buyback plan similar to those being offered in ITC's traditional supply chain models. While farmers have the flexibility to sell their produce elsewhere, ITC acts as a willing buyer, ensuring a stable market for their harvest.

While ITC's foray into the medicinal plant sector is still in its nascent stage, the company believes that the model is yielding results.

S Ganesh Kumar, Chief Executive of ITC Agri Business Division, said, "In line with the larger ITC Next-Gen Agriculture vision, we are focusing on promoting the cultivation of value-added crops, such as medicinal and aromatic plants like ashwagandha."

The New Indian Express • 09 Jan • Ministry of Ayush
Top 5 Mental Health Treatments for 2025

3 • PG

193 • Sqcm

193128 • AVE

177.8K • Cir

Middle Center

City Express

Bengaluru

Top 5 Mental Health Treatments for 2025

In our busy schedules and overlooked priorities, we often forget to take care of our mental health. Kalari Rasayana, an Ayurvedic wellness centre in Kerala, introduced the top five wellness trends to follow in 2025. Leading the list is **mental health through meditation and mindfulness**. As mental health continues to be a global priority, ancient practices like yoga, pranayama, and meditation are regaining prominence in fostering emotional and mental well-being. Another key trend is **healthy ageing and panchakarma**, which involves periodic detoxification, purification, and rejuvenation therapies rooted in Ayurveda. **Detoxification and digital wellness**, With a peaceful setting encouraging digital detox, it offers an opportunity for restoring balance and wellness. With India's menopausal population projected to rise significantly, **natural menopause relief** is another priority. The retreat provides tailored Ayurvedic treatments to alleviate symptoms such as hot flashes, mood swings, and insomnia while supporting hormonal and emotional equilibrium. An important aspect of Kalari Rasayana's philosophy is **sustainability in wellness**. The centre prioritises eco-conscious practices, such as using locally-sourced medicinal herbs and sustainable treatments, ensuring a holistic approach to health and wellness while minimising its environmental impact.

The New Indian Express • 09 Jan • Ministry of Ayush PARIVRTTA UPAVISTHA KONASANA (REVOLVED SEATED STRADDLE POSE)

2 • PG

668 • Sqcm

668399 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru • Chennai

FITBIT

PARIVRTTA UPAVISTHA KONASANA (REVOLVED SEATED STRADDLE POSE)

This pose is a twisting (revolved/parivrtta) variation of the Seated Straddle Pose. It is a good warm-up and beginner's preparation for Parivrtta Dandasana and other advanced twisting poses. This seated twist, a great alternative to standing twists, can therefore support practitioners who have difficulty sitting tall and following the twist in Dandasana.

STEPS

- Start in Dandasana (Staff Pose) and take a few deep breaths. Inhale, stretch your legs wide apart, around 3 feet. Exhale, root down your femur (thigh bone), sitting with spine erect.
- Inhale, stretch your arms at the heart centre with your palms facing each other. Twist on the right, inhale, draw your navel in.
- Exhale, twist and turn the torso to the right along with the neck. Bend forward to swing your right arm back and left arm to touch the right ankle, gazing at your back arm's fingertips (right). The hand in the front (left) is resting on the right ankle.
- Bring your shoulder blades together. Stay here for one breath cycle. Inhale, twist and turn to look back in the centre, taking the arms in front of the chest.
- To continue with the flow, inhale, engage the core and stretch the body up.
- Exhale, twist on the other side (left) by placing the right hand on the left ankle and left arm stretched back above the shoulders.
- Stay here for one deep breath, and inhale, come back to the centre while taking your arms in front of the chest.
- This is a one round flow. Follow five rounds with the spine erect and with awareness twisting the body from the lower spine, maintaining little forward bend in the flow to touch the ankles.
- After five rounds, release the arms down and come back to Seated Straddle Pose Variation Sitting Upright.
- Bring your legs together back to the centre in Dandasana, one at a time. Cool down or counter the stretch by following a few rounds of Seated Cat Cow Pose.
- Finally, release and relax in Dandasana Hands Back Knees Bent.

BENEFITS

- Stretches the arms, neck, shoulders, upper/middle/lower back, hips, hamstrings, psoas and core.
- Helps release tension from any part of the body.
- Increases spinal flexibility, for advanced twists and bends.
- As a cool-down practice, this pose can help release the back, neck, and hips pain.
- Included in power yoga, hot yoga, and flow yoga sequences.
- Included in the Shakti Bandha Asana sequence, which helps reduce blocks in the energy channels for a smooth flow of prana (energy).
- Activates the Root and Sacral Chakras.
- Promotes good digestion.
- Helps ease symptoms of endometriosis.
- Keep the legs active, thigh rotated inwards, feet flexed, toes and knees pointed up, spine erect, the back in a little forward bend throughout the flow.
- Engages the core muscles.
- Repeated practise helps open the hips and increase spine flexibility.

LIMITATIONS

- Students who have injuries to the neck, shoulders, lower back, hips, pelvic floor muscles, or any issues with internal organs and migraine, avoid this.
- Pregnant women and those new to yoga can practise while being seated using a blanket or cushion.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The Tribune • 09 Jan • Ministry of Ayush

Farmers, ayurvedic manufacturers join hands to eliminate middlemen

2 • PG

96 • Sqcm

289399 • AVE

92.25K • Cir

Bottom Right

Delhi

Farmers, ayurvedic manufacturers join hands to eliminate middlemen

TRIBUNE NEWS SERVICE

CHANDIGARH, JANUARY 8

In a bid to eliminate middlemen and ensure fair prices for farmers, the Ayush Department organised a one-day conference between medicinal plant cultivators and Ayurvedic medicine manufacturers at Tau Devi Lal Stadium, Panchkula, yesterday. The event, hosted by the State Medicinal Plants Board of the Ayush Department, aimed to directly connect farmers

with pharmacy owners.

Highlighting the need for such initiatives, Sanjeev Verma, Director General of the Ayush Department, said, "Due to the lack of a proper market for marketing and selling options, farmers do not receive fair prices for their produce. Therefore, a meeting of pharmacy owners and medicinal plant cultivators was organised."

The conference witnessed the participation of 30 farmers and 20 Ayurvedic medicine manufacturers. Currently,

around 4,000 farmers in Haryana are engaged in cultivating medicinal plants. During the event, farmers voiced concerns about limited market access and low returns for their crops. In response, pharmacy owners advised farmers to focus on improving the quality of their produce through better drying, storage, and primary processing techniques. "This will enable drug manufacturers to purchase directly from them," suggested one of the manufacturers.

The Morning Standard • 09 Jan • Ministry of Ayush

How can I avoid injuries during workouts, especially with strength training

2 • PG

272 • Sqcm

130562 • AVE

300K • Cir

Middle Center

Delhi



MISS-FIT
Wanitha Ashok
The expert is a Fit India Movement ambassador and celebrity fitness coach

How can I avoid injuries during workouts, especially with strength training?

Here are a few guidelines to follow to prevent injuries while strength training:

- Five to 10 minutes of warm-up with dynamic stretches increases blood flow and flexibility, preparing the body for activity.
- If you are not training under the guidance of a trainer then ensure you know how to use the equipment correctly or it can lead to injuries. Begin with lighter weights and progress gradually to avoid overexertion. It's important to maintain proper form and technique throughout the exercise.
- Ensure that the equipment in the gym is in good condition. Do not hold your breath while lifting weights. Breathe naturally.
- Do not push yourself. Listen to your body and stop immediately if you experience pain or discomfort. Hydrate before, during, and after exercise.
- Post workout, stretch the muscles that were engaged. Hold each stretch for 30 seconds to one minute. Let the muscles rest for 48 hours before you work out again. A certified trainer will be able to chalk out a well-rounded workout routine.



The Morning Standard • 09 Jan • Ministry of Ayush Fit Bit

2 • PG

612 • Sqcm

293883 • AVE

300K • Cir

Middle Right

Delhi

FITBIT

PARIVRTTA UPAVISTHA KONASANA (REVOLVED SEATED STRADDLE POSE)

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- Inhale and stretch your arms at the heart centre with your palms facing each other. Twist on the right, inhale and draw your navel in.
- Exhale, twist and turn your torso to the right along with your neck. Bend forward. Swing your right arm back and your left arm to touch the right ankle. Gaze at the fingertips of your right arm. Rest your left hand on your right ankle.
- Bring your shoulder blades together. Stay here for one breath cycle. Inhale, twist and turn to look back in the centre, taking the arms in front of the chest.
- To continue with the flow, inhale, engage the core and stretch the body up.
- Exhale, twist on the other side (left) by placing the right hand on the left ankle and left arm stretched back above the shoulders.
- Stay here for one deep breath, and inhale, come back to the centre while taking your arms in front of the chest.
- This is one round of the flow. Perform five rounds with your spine erect, maintaining a slight forward

bend while twisting from the lower spine.

- After five rounds, release your arms and come back to Seated Straddle Pose Variation Sitting Upright.
- Bring your legs together back to the centre in Dandasana, one at a time. Cool down or counter the stretch by following a few rounds of Seated Cat Cow Pose.

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Investors India • 09 Jan • Ministry of Ayush

Add Health to Your Wealth

28, 29 • PG

1246 • Sqcm

124622 • AVE

N/A • Cir

Inside Page (Magazine only)

National

FINANCIAL PLANNING

Add Health to Your Wealth



By: Abhishek Tiwari,
Executive Director & Chief Business Officer,
PGIM India Mutual Fund

Life is unpredictable because it is influenced by countless unpredictable factors such as accidents, illness, economic changes, natural disasters or personal circumstances. The complexity of the world and the limits of human foresight means that not everything can be controlled or planned for. But we can transfer some of the risk/mitigate the financial risk by buying a life and a health insurance. The earlier we insure ourselves the better as rising costs can burn a hole in one's pocket.

Insurance premiums on an average in India have increased by 25-30% over the last three years and we have one of the highest medical inflation in the world at 14%.¹ Setting aside some emergency buffer for healthcare expenses needs thus is a necessity. Most working professionals in India are covered by their employers through health and life insurance but rising inflation also necessitates having additional cover if one is in job transition or there is a unforeseen loss of employment.

The covid pandemic acted as a catalyst for ushering in a sense of awareness of having a health/life insurance to protect our loved ones against life's unforeseen emergencies. IRDAI data shows that India's insurance penetration was 4% of the GDP in 2022-23, which implies we have a long

way to go. Even before one begins her investment journey for fulfilling long term goals, it is essential to create a financial back up with health and life insurance to support the family.

Now, how can one benefit from the rapid growth we are set to witness in the healthcare sector? India's healthcare ecosystem has seen rapid advancement and growth in the past and is likely to witness similar growth in the future. Let us understand why a dedicated healthcare fund deserves an additional allocation in your portfolio. The BSE Healthcare Index currently has a higher weightage (76.8%) comprising pharmaceutical companies, which are large cap firms. Although the sector offers a broad investible universe, the index does not adequately capture the full spectrum of opportunities that are available in the market for investors.⁴ In addition to pharma companies, more attractive opportunities like contract development and manufacturing organizations, contract research organizations, diagnostics, hospitals, medical devices, health insurance, specialty chemicals, medical technology, and more lie outside the BSE Healthcare Index. As medical costs rise accruing as profits to companies in this sector, it can add to one's portfolio for diversification and stability.

The Indian healthcare sector, one of the fastest-growing industries globally, presents a wealth of investment opportunities fueled by robust government initiatives, a rising middle class, and increasing demand for quality healthcare. In 2023, this sector reached a value of \$372 billion and expected to reach \$638 billion by 2025, driven by technological advancements, public-private partnerships, and an expanding ecosystem of services. Broadly, the sector consists of segments like hospitals, pharma, diagnostics, manufacturing, medical devices, contract development and manufacturing organizations, contract research organizations, insurance, and more.

Let's look at some of the key growth drivers and opportunities in this sector

Ayushman Bharat-Pradhan Mantri Jan Arogya

FINANCIAL PLANNING

Yojana (AB-PMJAY): This program provides cashless treatment of up to ₹5 lakh per family annually, targeting over 500 million people, comprising the bottom 40% of the population. Such initiatives foster infrastructure development and widen healthcare access.

National Medical Devices Policy 2023: This policy aims to boost India's medical device market from \$11 billion in 2020 to \$50 billion by 2028. Incentives like Production Linked Incentive (PLI) schemes and the establishment of medical device parks are set to catalyse growth. India is the 4th largest Asian medical devices market after Japan, China, and South Korea.

Medical Tourism: Indian medical tourism market was valued at \$7.69 billion in 2024 and is expected to reach \$14.31 billion by 2029. With \$5-6 billion size of medical value travel (MVT) and 5 lakh international patients annually, India is among the global leader destinations for international patients seeking advanced treatment. Key drivers for India in this segment are affordable quality services, well reputed doctors, increased connectivity and a preferred hub for developing nations. For ex: the cost of bypass surgery in US is \$1.44 lakh versus \$5,200 in India.²

National AYUSH Mission: Emphasis on traditional systems like Ayurveda and yoga, which are witnessing global acceptance, offers investment potential in alternative medicine.

Pharmaceutical and Biotechnology: India is the largest supplier of generic drugs globally, accounting for 20% of the world's supply. With initiatives like "Make in India" and research incentives, pharmaceutical R&D and manufacturing are lucrative sectors.

MedTech and Digital Health: Telemedicine and health-tech platforms have seen rapid adoption, especially post-COVID-19. The market is expected to grow substantially, supported by startups and innovation hubs - AI, IoT, and robotics are revolutionizing diagnostics, surgery, and patient care, attracting venture capital and private equity investments.

Hospital and Infrastructure Development: The rise in non-communicable diseases (NCDs)

and urbanization is driving demand for super-specialty hospitals. Public-private partnerships under schemes like the Pradhan Mantri Swasthya Suraksha Yojana (PMSSY) facilitate infrastructure upgrades.

Focus on Rural and Tier-II/III Markets: Programs such as Mobile Medical Units (MMUs) and health and wellness centres are expanding access in underserved areas, creating opportunities in affordable healthcare.

Summing up

With strong government backing and a large consumer base, the Indian healthcare industry stands as a promising domain for both domestic and foreign investors. Current healthcare expenditure in India, on a per capita basis is \$74, significantly lower even when compared to other emerging markets like Brazil (\$761), China (\$671), Mexico (\$611).³ This expenditure is set to increase due to factors like rising household income, improved affordability, increase in lifestyle diseases and more. Investors looking to tap into the Indian healthcare market should focus on emerging areas like MedTech, rural healthcare delivery, and pharmaceutical innovation with a fund which focuses on investing in this thriving structural theme. Diversified and other funds such as Flexi Cap, Multi Cap, Mid Cap, and others, may provide limited exposure (6%-10%) to healthcare theme which can be fulfilled with a dedicated healthcare fund.

Adding health to your wealth can be a good addition to your portfolio!

Sources:

1: <https://www.cnbctv18.com/personal-finance/health-life-insurance-premiums-price-rise-30-pc-three-years-claims-factor-disease-19469317.htm>

2: <https://www.medicalindiatourism.com/>

3: <https://www.who.int/data/gho/data/indicators/indicator-details/GHO/current-health-expenditure-che-per-capita-in-us-dollar>

4: Source: BSE, PGIM India Internal Analysis. Data as of 31st October 2024. Classification based on AMFI Basic Industry and IBEF.

Naya India • 09 Jan • Ministry of Ayush

Pilgrims will have access to AYUSH health services in Maha Kumbh

2 • PG

155 • Sqcm

34096 • AVE

89.78K • Cir

Middle Left

Delhi

महाकुंभ में होगी आयुष स्वास्थ्य सेवाओं तक तीर्थयात्रियों की पहुंच

नई दिल्ली, वार्ता। महाकुंभ 2025 में आयुष स्वास्थ्य सेवाओं तक तीर्थयात्रियों की चौबीसों घंटे - सातों दिन 'आयुष मल्टी-ओपीडी क्लिनिक' तक पहुँच होगी जो विभिन्न चिकित्सा प्रणालियों की प्राकृतिक और समग्र प्रक्रियाओं पर आधारित परामर्श और उपचार प्रदान करेंगे। केंद्रीय आयुष मंत्री प्रताप राव जाधव ने बुधवार को महाकुंभ 2025 में आयुष तैयारियों की एक समीक्षा बैठक में यह जानकारी दी। उन्होंने बताया कि ये क्लिनिक सभी आगंतुकों के लिए निरंतर स्वास्थ्य सहायता सुनिश्चित करेंगे। उन्होंने बताया कि दिल्ली का मोरारजी देसाई राष्ट्रीय योग संस्थान और राज्य सरकार के विशेषज्ञों के नेतृत्व में विशेष योग शिविर लगायेंगे। ये शिविर संतुलन, मन की शांति और शारीरिक स्वास्थ्य में सुधार पर ध्यान केंद्रित करेंगे। कुंभ के आध्यात्मिक माहौल के साथ, ये सत्र स्वास्थ्य और आध्यात्मिकता का एक आदर्श मिश्रण होंगे। श्री जाधव ने बताया कि महाकुंभ में एक प्रदर्शनी में भारत के समृद्ध औषधीय वनस्पतियों के उपचारात्मक गुणों को प्रदर्शित किया जाएगा। आगंतुकों को प्रकृति की उपचारात्मक शक्ति और आधुनिक स्वास्थ्य सेवा प्रक्रियाओं में इसकी प्रासंगिकता को समझने का अवसर मिलेगा। राज्य आयुष सोसायटी महाकुंभ मैदान में पूरी तरह से सुसज्जित मोबाइल स्वास्थ्य सेवा इकाइयाँ तैनात करेगी। केंद्रीय मंत्री ने कहा कि महाकुंभ केवल लाखों भक्तों का जमावड़ा नहीं है बल्कि यह आध्यात्मिकता, संस्कृति और स्वास्थ्य का एक पवित्र संगम है। यह आयोजन स्वास्थ्य में पारंपरिक आयुष प्रणालियों की शक्ति को प्रदर्शित करने का एक अवसर है। उन्होंने कहा कि आयुष मंत्रालय ने राज्य सरकार के साथ मिलकर यह सुनिश्चित करने के लिए बहुत प्रयास किए हैं कि महाकुंभ 2025 ऐतिहासिक समागम में भाग लेने वाले भक्तों को एक समग्र अनुभव प्रदान करे। नौसेना ने असम में फंसे खनिकों को निकालने के लिए विशेष दल भेजा

Rashtriya Sahara • 09 Jan • Ministry of Ayush
Ayurved gastrology certiicate course tayar

4 • PG

44 • Sqcm

63556 • AVE

390K • Cir

Middle Left

Delhi

आयुर्वेदिक गैस्ट्रोलॉजी
सर्टिफिकेट कोर्स तैयार

नई दिल्ली। भारतीय मूल के
कैनेडियन कॉलेज ऑफ आयुर्वेद एवं
योगा के अध्यक्ष आयुर्वेदाचार्य डा.
हरीश वर्मा 12 जनवरी कार्यक्रम -
आयुर्वेद 2025 में भाग लेंगे। इसमें
वह बताएंगे कि कैसे भारतीय
आयुर्वेदिक चिकित्सक विदेशों में
जाकर आयुर्वेदिक प्रैक्टिस कर
सकते हैं। अमेरिका, कनाडा, लंदन,
यूरोप तथा एशिया के देशों में रहने
वाले आयुर्वेदिक गैजुएट तथा
नैचुरोपैथ्स के लिए पारुल यूनिवर्सिटी
तथा कैनेडियन कॉलेज ऑफ
आयुर्वेद एंड योगा ने मिलकर
आयुर्वेदिक गैस्ट्रोएंटेरोलॉजी का
सर्टिफिकेट कोर्स तैयार किया है। इस
कोर्स में पेट की जटिल बीमारियां
जैसे अल्सरोटिव कोलाइटिस,
गैस्ट्राइटिस, पेटिक अल्सर आदि
रोगों की पूरी जानकारी व आयुर्वेदिक
इलाज की ट्रेनिंग दी जाएगी।

Navshakti • 09 Jan • Ministry of Ayush Sedentary work and health problems

12 • PG

443 • Sqcm

89119 • AVE

419.55K • Cir

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Mumbai

बैठे काम आणि आरोग्य समस्या



बदलत्या जीवनशैलीमुळे आरोग्यावर परिणाम होत आहेत. या वर्षात डॉ. ऋतुजा कुडाळकर यांचे 'फिट & फाईन' सदर सुरु करत असून आरोग्याच्या समस्या आणि त्यांचे निराकरण यावर त्या मार्गदर्शन करणार आहेत.

Sitting is the new smoking' असे का बरे म्हटले जाते. कारण जास्त वेळ बसून राहणे हे धूमपानाइनकेच हानिकारक आहे. वैद्यी जीवनशैली ही नवीन वैधानिक चैतावणी आहे, जी प्रत्येक कार्यालया किंवा कामाच्या ठिकाणी ठळक अक्षराने हायलाईट करणे आवश्यक आहे.

आरण नवनवीन कामाच्या जागा आणि 'कोवर्किंग स्पेस' अशा कल्पनांचा प्रयोग करीत असताना 'वर्क लाईफ बॅलन्स', 'पोस्चर ऑफ वर्क अँड वर्क प्रेशर' या बाबतीत मात्र मागे पडतोय.

काही वर्षांपूर्वी कार्यरत लोकसंख्येच्या काही भागाने 'वर्क फ्रॉम होम' चा आनंद घेतला. परंतु नंतर त्यांना आरोग्यावर व फिटनेसवर झालेल्या दुष्परिणामांचा सामना करावा लागला. 'हायड्रीड वर्किंग स्टार्डल' पासून आता आठ-दहा तास (काहीसाडी १२ तास) पर्यंत कामाच्या वेळापत्रकाकडे वाटचाल करताना व्यक्ती त्यांचे आरोग्य, आहार, फिटनेस, झोप व मानसिक आरोग्य गमावत आहेत. वैद्यी जीवनशैलीचे परिणाम मध्यम वयोगटांमध्ये म्हणजे ४० आणि अधिक वयाच्या लोकांमध्ये स्पष्ट दिसत आहेत. तथापि वैद्यी जीवनशैलीमुळे तरुण

वर्गांवरही परिणाम होत आहेत. बरेच जण संगणकावर काम करतात आणि त्यायोगे वैयक्तिक संवाद टाळतात. एका अभ्यासात असे आढळून आले आहे की, वैद्यी जीवनशैलीमुळे वय वर्ष १८-२९ मधील ६९.१ टक्के लोक; वय वर्ष ३०-३९ मधील ७६.२ टक्के लोक; वय वर्ष ४०-४९ मधील ६२.० टक्के लोक; वय वर्ष ५०-५९ मधील ६७.५ टक्के लोक शारीरिकदृष्ट्या निष्क्रिय होत आहेत.

एका राष्ट्रीय डॉस सेक्शनल कम्युनिटी सर्वेक्षणात असे आढळून आले की, भारतातील ३६.७ टक्के मध्यमवयीन व प्रौढ माणसे शारीरिकदृष्ट्या निष्क्रिय होतात. एका अभ्यासात असे दिसून आले आहे की, भारतातील ३८ टक्के कार्यरत व्यावसायिक बसून वेळ घालवतात. वैद्यी जीवनशैली हृदय, रक्तवाहिन्यासंबंधी रोग, कर्करोग व मानसिक समस्यांचा धोका काही अंशी वाढवू शकते. यामुळे अर्स्टि ओपॅरस, अर्स्टि ओआर्ग्रायटिस, स्पॉन्डिलायसिस असे आजार वाढताना



फिट & फाईन
डॉ. ऋतुजा कुडाळकर

दिसत आहेत. पुढे जाऊन लठ्ठपणा, मधुमेह, असंसर्गजन्य रोगांची गुंतागुंत वाढते. **शारीरिक क्रिया कूटल्या कारणांनी कमी होऊ शकते :**

- १) व्यायाम करण्याची व फिट राहण्याची तयारी नसल्याने
- २) प्रेरणा व आत्मविश्वास कमी असल्यास
- ३) मर्यादित मोकळा वेळ
- ४) पडण्याची भीती
- ५) खर्च

- ६) वाहतूक / सुविधांची कमतरता
- ७) साधेदुखी व इतर वेदना देणारे आजार
- ८) लिंगभेद, सामाजिक व आर्थिक स्थिती
- ९) टिक्की व किडीओ गेम्स खेळत बसल्यामुळे
- १०) मोबाईलवर तासतास स्क्रोल करत बसल्यामुळे

वैद्यी जीवनशैलीमुळे येणाऱ्या तक्रारी कशा टाळाव्यात -

- १) दर आठवड्याला रोज किमान ३०-४० मिनिटे मध्यम व्यायाम करावा.
- किंवा २५-३० मिनिटे जोपदार व्यायाम

करावा.

- २) ऑफिसमध्ये लंच ब्रेक दरम्यान १०-१५ मिनिटे चालावे. डेस्क एव्हरसाईज (Desk - Exercise) करणे किंवा आपल्या डेस्कवर काम करताना दर ३० मिनिटांनी उभे राहणे, पाणी पिणे, लक्षात राहत नसल्यास मोबाईलवर ३० मिनिटांचा रिमॉइंडर लावणे.
- ३) मोकळ्या वेळेत चालणे, पोहणे, खेळणे, नृत्य, योगा असे आपल्याला आवडणारे एव्हरसाईज निवडा. घुप एव्हरसाईज, एकत्रित केल्या जाणाऱ्या उपक्रमांमध्ये भाग घ्या. आपणाली करा व आपल्या मित्रमंडळींना, नातेवाईकांनाही त्यात सहभागी करा
- ४) स्ट्रीटिंग डेस्क ऑफ स्टोबिलिटी बॉल व्हायर अशा नवीन साधनांचा कामाच्या जागी समावेश केला जाऊ शकतो.
- ५) फिटनेस ट्रॅकर वापरा.
- ६) तुमची कार पार्किंगच्या अगदी टोकाला पार्क करा. लिफ्टपर्यंत चालत जा. घरपासून स्टेशनपर्यंत चालत जा. दर दिवशी १०८ स्टेप्स पूर्ण करा.
- ८) लिफ्टपेवजी पायऱ्या चढण्यास प्राधान्य द्या. फोनवर बोलतानाही उठून चाला.
- ९) केव्हर झोपणे, झोपण्याआधी मोबाईल स्क्रीनचा वापर करणे टाळा.
- १०) फास्ट फूड, सोडा, गोड पेव, प्रोसेस्ड फूडचा खाण्यात वापर करू नये.

फिजिओथेरेपिस्ट

Online Coverage

| No | Portal Name | Headline (Incorporated with URL) | Reach |
|-----|---------------------------------|---|--------|
| 1. | Hindustan Times | Explore Hindustan Times | 124.6M |
| 2. | Hindustan Times | Jan 8, 2025 11:16 AM IST | 124.6M |
| 3. | Hindustan Times | Haryana: AYUSH dept mulls ways to ensure remunerative prices to herbal growers | 124.6M |
| 4. | ABP Live | MP News: मध्य प्रदेश में भर्ती को लेकर उच्च शिक्षा मंत्री का बड़ा ऐलान, इस विभाग... | 85.9M |
| 5. | Dainik Bhaskar | शिविर में 198 मरीजों को दिया परामर्श | 66.5M |
| 6. | Dainik Bhaskar | अनूपपुर में युवा दिवस को लेकर हुई बैठक: 12 जनवरी को स्वामी विवेकानंद की जयंती पर... | 66.5M |
| 7. | अमर उजाला (Amar ujala) | Basti News: टीबी के मरीजों को पोषण पोटली उपलब्ध कराएं | 63.8M |
| 8. | अमर उजाला (Amar ujala) | Ambedkar Nagar News: चिकित्सक की केवल दो दिन ड्यूटी, स्वास्थ्य सेवाएं प्रभावित | 63.8M |
| 9. | Navbharat Times - NBT Education | राजस्थान की भजनलाल सरकार में कितने मंत्री? 41 जिलों में कौन कहाँ का जिला प्रभारी... | 57.6M |
| 10. | Dailyhunt | KEAM 2024: Facility open for submitting fresh applications for AYUSH courses | 18.6M |
| 11. | Dailyhunt | Tirupati Stampede Live: Toll rises to 6; CM Naidu to meet injured persons and fa... | 18.6M |
| 12. | Dailyhunt | Govt striving to ensure devotees at Mahakumbh 2025 gets holistic experience: Mi... | 18.6M |
| 13. | Dailyhunt | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P... | 18.6M |
| 14. | Medical Dialogues | Punjab Health Minister Urges Public Not to Panic amid HMPV Concerns | 16M |
| 15. | Medical Dialogues | HMPV Alert: 2 Suspected Cases in Maharashtra; Children, Elderly Urged to Stay Vi... | 16M |
| 16. | Prokerala.com | Govt striving to ensure devotees at Mahakumbh 2025 gets holistic experience: Mi... | 13M |
| 17. | Investing India | Govt striving to ensure devotees at Mahakumbh 2025 gets holistic experience: Mi... | 10.6M |
| 18. | Investing India | Maha govt sets up Task Force after two HMPV cases in Nagpur | 10.6M |
| 19. | Indiatvnews | HMPV cases: "Children, elderly people need to stay alert", says Maharashtra Me... | 9.7M |
| 20. | Latestly | India News Union MoS Prataprao Jadhav Reviews Ayush Initiatives for Maha Ku... | 7.8M |
| 21. | The Tribune India | Farmers, ayurvedic manufacturers join hands to eliminate middlemen | 7M |

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| 22. | PIB | Ayush onsite to Enrich Experience at Mahakumbh: Shri Prataprao Jadhav, Union Min... | 5.4M |
| 23. | Janta Se Rishta | केंद्रीय राज्य मंत्री प्रतापराव जाधव ने की प्रयागराज में महाकुंभ मेले के लिए AYU... | 3.8M |
| 24. | Janta Se Rishta | Haryana: आयुष विभाग हर्बल उत्पाद के लाभकारी मूल्य पर कर रहा विचार | 3.8M |
| 25. | English.mathrubhumi.com | KEAM 2024: Facility open for submitting fresh applications for AYUSH courses | 3.2M |
| 26. | Daijiworld | Govt striving to ensure devotees at Mahakumbh 2025 gets holistic experience: Mi n... | 3M |
| 27. | Careers360 | Centre scraps 50% PCB marks rule for BHMS course, private candidates eligible t o... | 3M |
| 28. | Ani News | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | 1.9M |
| 29. | Devdiscourse | Maha Kumbh 2025: Ayush Ministry Gears Up with Holistic Wellness Initiatives | 1.2M |
| 30. | Devdiscourse | Ayush Initiatives Take Center Stage at Historic Maha Kumbh 2025 | 1.2M |
| 31. | Social News XYZ | Govt striving to ensure devotees at Mahakumbh 2025 gets holistic experience: Mi n... | 415.2K |
| 32. | Hindusthan Samachar | महाकुंभ के लिए आयुष मंत्रालय की तैयारी, लगाएगा 24 घंटे चलने वाला ओपीडी क्लिनिक, य... | 161.2K |
| 33. | Sakshipost EN | Govt striving to ensure devotees at Mahakumbh 2025 gets holistic experience: Mi n... | 160.8K |
| 34. | Ommcom News | Govt Striving To Ensure Devotees At Mahakumbh 2025 Gets Holistic Experience: Min... | 133.2K |
| 35. | Hitavada News | Singleplex PCR to confirm 2 city kids' HMPV +ve status | 129.5K |
| 36. | Dainik Tribune | मनाली में बनेगा फ्लाईंग डाइनिंग और ग्लास रेस्तरां | 110.2K |
| 37. | Orissa Diary | Ayush onsite to Enrich Experience at Mahakumbh: Prataprao Jadhav | 100.9K |
| 38. | United News Of India | महाकुंभ में होगी आयुष स्वास्थ्य सेवाओं तक तीर्थयात्रियों की पहुंच | 99K |
| 39. | United News Of India | महाकुंभ में होगी आयुष स्वास्थ्य सेवाओं तक तीर्थयात्रियों की पहुंच | 99K |
| 40. | Lokmatimes.com | Govt striving to ensure devotees at Mahakumbh 2025 gets holistic experience: Mi n... | 94.3K |
| 41. | Lokmatimes.com | Hair Loss Outbreak in Maharashtra Villages Linked to Mysterious Illness; Health .. | 94.3K |
| 42. | The News Mill | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | 85.1K |
| 43. | WebIndia123 | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | 61.9K |
| 44. | Bhaskar Live | Govt striving to ensure devotees at Mahakumbh 2025 gets holistic experience: Mi n... | 46.5K |

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| 45. | Indian Economic Observer | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | 16.1K |
| 46. | Tennews.in | Govt striving to ensure devotees at Mahakumbh 2025 gets holistic experience: Mi n... | 9.1K |
| 47. | CnewsBharat | मुख्यमंत्री जन कल्याण अभियान के तहत शिविर आयोजित किया गया | 8K |
| 48. | Telangana Tribune | CPM Urges Quick Start of 300-Bed Hospital in Gadwal 1 January 7, 2025 | 1.4K |
| 49. | Daily Prabhat | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | 280 |
| 50. | Indore Mirror | सुधारों का आधार बनेगी एक राष्ट्र, एक चिकित्सा पद्धति नीति | N/A |
| 51. | Observer Voice | Maha Kumbh 2025: A Holistic Experience Awaits | N/A |
| 52. | Tripurastar News | Ayush Onsite To Enrich Experience At Mahakumbh: Shri Prataprao Jadhav, Unio n Min... | N/A |
| 53. | OB News | Govt striving to ensure devotees at Mahakumbh 2025 gets holistic experience: Mi n... | N/A |
| 54. | The Mobi World | Govt striving to ensure devotees at Mahakumbh 2025 gets holistic experience: Mi n... | N/A |
| 55. | Drug Today Medical Times | Nadda Chairs Strategy Meeting for TB-Free India Campaign | N/A |
| 56. | Newzfatafat | महाकुंभ के लिए आयुष मंत्रालय की तैयारी, लगाएगा 24 घंटे चलने वाला ओपीडी क्लिनिक, य... | N/A |
| 57. | The Asia News | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 58. | New Delhi News | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 59. | Kolkata Sun | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 60. | Telangana Journal | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 61. | Absolute India | Govt striving to ensure devotees at Mahakumbh 2025 gets holistic experience: Mi n... | N/A |
| 62. | Today India News | Govt striving to ensure devotees at Mahakumbh 2025 gets holistic experience: Mi n... | N/A |
| 63. | Newspoint | Govt striving to ensure devotees at Mahakumbh 2025 gets holistic experience: Mi n... | N/A |
| 64. | Thip Media | Govt striving to ensure devotees at Mahakumbh 2025 gets holistic experience: Mi n... | N/A |
| 65. | Gujarat Varta | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |

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| 66. | South India News | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 67. | Punjab Live | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 68. | Hamara Mahanagar | Pilgrims will have access: महाकुंभ में होगी आयुष स्वास्थ्य सेवाओं तक तीर्थयात्रि... | N/A |
| 69. | Maharashtra Samachar | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 70. | North East Times | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 71. | Kashmir Newslite | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 72. | Chhattisgarh Today | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 73. | West Bengal Khabar | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 74. | Jharkhandtimes | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 75. | Himachal Patrika | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 76. | Sakshi Post | Govt striving to ensure devotees at Mahakumbh 2025 gets holistic experience: Mi n... | N/A |
| 77. | Thefreedompress | Govt striving to ensure devotees at Mahakumbh 2025 gets holistic experience: Mi n... | N/A |
| 78. | Delhi live news | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 79. | Haryana Today | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 80. | Gujarat Samachar | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 81. | Vanakkam Tamil Nadu | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 82. | Bihar 24x7 | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 83. | Kashmir Breaking News | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 84. | Bihar Times | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 85. | Andhra Pradesh Mirror | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |

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| 86. | India Online Mart | Govt striving to ensure devotees at Mahakumbh 2025 gets holistic experience: Mi n... | N/A |
| 87. | Rajasthan Ki Khabar | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 88. | News8 Plus | Mahakumbh 2025: Extensive arrangements in Mahakumbh for the health of devot ees | N/A |
| 89. | Indian News Network | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 90. | Karnataka Live | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 91. | OB News | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 92. | Mantras | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 93. | World News Network | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 94. | The Mobi World | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 95. | Palgharnews | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 96. | Jagvani | जग वाणी | N/A |
| 97. | Sobha | Safest Areas to Live in Pune | N/A |
| 98. | Reveal Inside | Union MoS Prataprao Jadhav reviews Ayush initiatives for Maha Kumbh Mela in P ray... | N/A |
| 99. | Rajasthan News(राजस्थान समाचार) | Dholpur मुख्यमंत्री आयुष्मान आरोग्य शिविर में लोगों की जांच कर निशुल्क दवाएं दी ... | N/A |
| 100. | Creative Bharat | Punjab Health Minister on HMPV virus, ET HealthWorld | N/A |
| 101. | The Economic Times | Medicinal plant growers, ayurveda manufacturers exchange ideas | N/A |
| 102. | Itdc News | मप्र औषधीय पादप बोर्ड बैठक: "एक जिला-एक औषधीय उत्पाद" योजना पर चर्चा | N/A |
| 103. | Health Economietimes | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 104. | Evening Times | वैद्यों के परम्परागत ज्ञान को सहेजने की आवश्यकता : आयुष मंत्री परमार | N/A |
| 105. | Evening Times | एक जिला-एक औषधीय उत्पाद" की शुरुआत चयनित 5 जिलों से करें: आयुष मंत्री परमार | N/A |
| 106. | Vindhyaajtak | MP News: MP में एक जिला-एक औषधीय उत्पाद" की शुरुआत चयनित 5 जिलों से होगी; जानिए | N/A |
| 107. | The Mobi World | Maharashtra: Buldhana Hair Loss Epidemic Associated with Unidentified Illness; H... | N/A |

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| 108. | Khas Khabar | एक जिला-एक औषधीय उत्पाद" की शुरुआत चयनित 5 जिलों से करें: आयुष मंत्री परमार | N/A |
| 109. | Khas Khabar | आयुष महाविद्यालयों के अकादमिक कैलेंडर का दृढ़ता से करें पालन : आयुष मंत्री परमार | N/A |
| 110. | Shree News | एक जिला-एक औषधीय उत्पाद" की शुरुआत चयनित 5 जिलों से करें: आयुष मंत्री परमार | N/A |
| 111. | Vande Matram | एक जिला-एक औषधीय उत्पाद" की शुरुआत चयनित 5 जिलों से करें: आयुष मंत्री परमार | N/A |
| 112. | Delhi Bulletin | एक जिला-एक औषधीय उत्पाद" की शुरुआत चयनित 5 जिलों से करें: आयुष मंत्री परमार | N/A |
| 113. | Urban Acres | Maharashtra Forms Task Force Amid HMPV Cases in Nagpur | N/A |
| 114. | Kadwaghut | एक जिला-एक औषधीय उत्पाद" की शुरुआत चयनित 5 जिलों से करें: आयुष मंत्री परमार | N/A |
| 115. | Real India News | एक जिला-एक औषधीय उत्पाद" की शुरुआत चयनित 5 जिलों से करें: आयुष मंत्री परमार | N/A |
| 116. | खबर जगत | वैद्यों के परम्परागत ज्ञान को सहेजने की आवश्यकता : आयुष मंत्री परमार | N/A |
| 117. | खबर जगत | एक जिला-एक औषधीय उत्पाद" की शुरुआत चयनित 5 जिलों से करें: आयुष मंत्री परमार | N/A |
| 118. | अंजनी खबर (Anjani Khabar) | वैद्यों के परम्परागत ज्ञान को सहेजने की आवश्यकता : आयुष मंत्री परमार | N/A |
| 119. | अंजनी खबर (Anjani Khabar) | एक जिला-एक औषधीय उत्पाद" की शुरुआत चयनित 5 जिलों से करें: आयुष मंत्री परमार | N/A |
| 120. | Shree News | वैद्यों के परम्परागत ज्ञान को सहेजने की आवश्यकता : आयुष मंत्री परमार | N/A |
| 121. | Mp Headline | एक जिला-एक औषधीय उत्पाद" की शुरुआत चयनित 5 जिलों से करें: आयुष मंत्री परमार | N/A |
| 122. | Mp Headline | आयुष महाविद्यालयों के अकादमिक कैलेंडर का दृढ़ता से करें पालन : आयुष मंत्री परमार | N/A |
| 123. | Web Akhbar | वैद्यों के परम्परागत ज्ञान को सहेजने की आवश्यकता : आयुष मंत्री परमार | N/A |
| 124. | Web Akhbar | एक जिला-एक औषधीय उत्पाद" की शुरुआत चयनित 5 जिलों से करें: आयुष मंत्री परमार | N/A |
| 125. | Db Media | एक जिला-एक औषधीय उत्पाद" की शुरुआत चयनित 5 जिलों से करें: आयुष मंत्री परमार | N/A |
| 126. | Real India News | आयुष महाविद्यालयों के अकादमिक कैलेंडर का दृढ़ता से करें पालन : आयुष मंत्री परमार | N/A |
| 127. | Kadwaghut | वैद्यों के परम्परागत ज्ञान को सहेजने की आवश्यकता : आयुष मंत्री परमार | N/A |
| 128. | Attention Please | आयुष मंत्री ने मंत्रालय में आयुष महाविद्यालय के लिए की विभागीय समीक्षा Updated o... | N/A |
| 129. | Good Morning Nation | आयुष महाविद्यालयों के अकादमिक कैलेंडर का दृढ़ता से करें पालन : आयुष मंत्री परमार | N/A |
| 130. | Hakikat News | वैद्यों के परम्परागत ज्ञान को सहेजने की आवश्यकता : आयुष मंत्री परमार | N/A |
| 131. | Db Media | वैद्यों के परम्परागत ज्ञान को सहेजने की आवश्यकता : आयुष मंत्री परमार | N/A |
| 132. | Times Of Taj | किसान नेता जगजीत सिंह डल्लेवाल की सेहत में लगातार गिरावट | N/A |
| 133. | Health Econoictimes | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. | N/A |
| 134. | Pharmacognosy Research | Macro-Microscopic and HPTLC Atlas of Argyreia sericea Dalzell | N/A |